AMENDMENTS TO THE ABSTRACT

Please substitute the following paragraph for the abstract originally appearing in the specification:

The present invention is a cable having one or more telecommunication or power transmission media or a core of two or more such media, each medium or core surrounded by at least one jacketing or sheathing layer having a polypropylene homopolymer or copolymer and having a relaxation spectrum (RSI) and melt flow (MF) such that RSI*MF^a is greater than about 12 when a is about 0.5.

AMENDMENT TO THE CLAIMS

This listing of claims will replace all prior versions and listings of claims in the application:

Listing of Claims:

- 1. (Currently Amended) A cable comprising one or more telecommunication or power transmission media or a core of two or more such media, each medium or core surrounded by at least one jacketing or sheathing layer comprising a polypropylene and having a relaxation spectrum (RSI) and melt flow (MF) such that RSI*MF^a is greater than about 12 when a is about 0.5.
 - 2. (Original) The cable of Claim 1 wherein the polypropylene being coupled.
- 3. (Original) The cable of Claim 2 wherein the coupled polypropylene being characterized by the following formula

$Y \ge 1.25$, wherein:

Y = a ratio of a melt strength of the coupled polypropylene to the melt strength of the comparable noncoupled polypropylene.

- 4. (Original) The cable of Claim 1 wherein the polypropylene is an impact modified propylene copolymer.
- 5. (Original) The cable of Claim 4 wherein the impact modified propylene copolymer comprises a continuous phase and an elastomeric phase, wherein the elastomeric phase being present in an amount of at least about 9 weight percent of the impact modified propylene copolymer.